

Making Wine from Fruit Juice:

We first see wine in the archaeological record in the 6k BCE Caucasus. Through time and space, techniques have changed but all generally involve the fermentation of sugars in a liquid, usually fruit juices. While in the modern west, the making of wine is treated as an exacting science even by the amateur, this need not be the case. The process I am describing below is a primitive one using modern materials. It makes wine, not award winning vintages.

To Make Lemon Juice Wine:

Gather Together:

- A 4 Liter Jug (I use a gallon milk jug)
- A Stainless Steel Pot
- A Funnel
- A Large Cooler (optional but recommended)
- 600g Sugar
- 350ml Lemon Juice
- 1/4 tsp Yeast (I use Lalvin EC1118)
- 1 tsp Yeast Nutrient (optional but recommended)

Sterilization:

I rinse my equipment in a mild bleach solution. Nothing fancy.

Dissolve the Sugar:

- Heat 1 L of water in the pot.
- When it boils, add in the sugar and stir till dissolved.
- Add the lemon juice, remove from heat, and cover.

Fill the Jug:

- When the liquid is body temperature, use the funnel to add it to the jug.
- Add the yeast nutrient.
- Add the yeast.
- Add water to within 3cm of top.
- Cap tightly and upend to mix.
- Stand upright and loosen cap. (Make sure gasses can escape!)

Store:

- Place jug into cooler. (This ensures darkness and that exploding jugs remain contained)
- Store cooler at ~20C.
- Inspect daily to ensure gas can escape and that bubbles can be seen.
- After one month, place jug in fridge to stop yeast.
- Drink. (or decant into another vessel. Mind the sludge!)

Advance Your Studies:

Use different juices, vary sugar content or fermentation times, take chances, get messy.